



Player Evaluation Outline

There are four stages and progressions of skill development. Understanding the stages of skill development is necessary for coaches and parents to ensure an athlete acquires skills in the proper order. The following terms used in the Player Evaluation explain the stages of skill development that a Ringette player will progress through when learning technical skills.

Initiation (I) – score 1 – most players new to ringette will be in this range

- The first contact with the skill.
- Training Emphasis: Basic stances and positions, getting the idea of what the movements are about and look like.

Acquisition (A) – score 2 – the players have picked up parts of the skill

- The athlete can coordinate and execute the key components in the correct order, although execution is inconsistent and lacks precision.
- Timing of the skill lacks synchronization, rhythm and flow.
- The athlete needs to think about what they are doing during the execution.
- Training Emphasis: Global execution and general form of movement.

Consolidation (C) – score 3 – players are starting to look like players

- Performance is inconsistent but movement is starting to show coordination.
- Skill is performed with control and rhythm under stable conditions.
- Some elements of performance are maintained (when athlete is under pressure, conditions change or demands increase).
- Training Emphasis: Maintaining the form of movements and some performance consistency under a variety of conditions and under stress.

Refinement (R) – score 4 – very few players should receive this score

- Performance is very consistent and precision is high in demanding conditions.
- Movements are automated with only minor fine-tuning necessary.
- Critical reflection and correction is possible by athlete.
- Training Emphasis: Creating conditions that stress the specific elements that need adjustments.

Drills

Refer to diagram to assist in station descriptions

Each drill will be repeated two or three times based upon available time.

1. Station 1 – Forward Skating
 - a. Skills Tested – V-Start, T-Start, acceleration, forward cross-over, sharp turn, stride, edge control (stop), basic front to back pivots
 - b. Methodology
 - i. start in V Start/T-Start position at the goal line
 - ii. skate the full circle,
 - iii. sharp turn around the pylon,
 - iv. sprint back to ringette line, pivot and skate backwards to the goal line
 - v. stop facing the net.

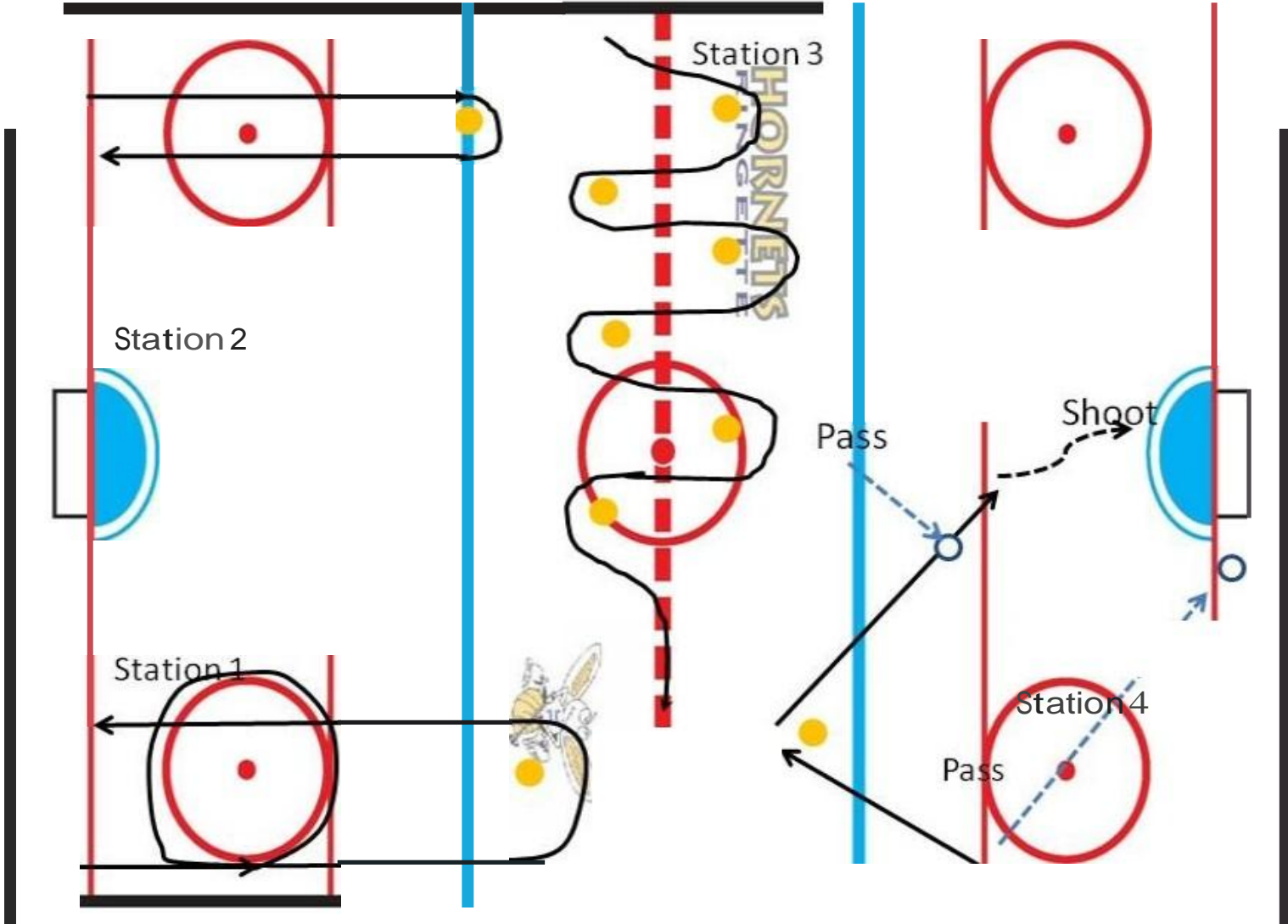
2. Station 2 – Backward Skating
 - a. Skills tested – basic pivot (back to front), acceleration, stride, sharp turn, backward v-stop
 - b. Methodology
 - i. start facing forward at the goal line,
 - ii. sprint to free play line then pivot to backward skating,
 - iii. skate backward to and around the pylon
 - iv. skate backwards to the free play line and pivot forward
 - v. skate forward then stop on the goal line.

3. Station 3 – Ring Carrying
 - a. Skills tested – grip, carrying the ring, protecting the ring
 - b. Methodology
 - i. player skates through the slalom around the pylons carrying a ring,
 - ii. the player must keep themselves between the ring and the pylons at all times.

4. Station 4 – Passing and shooting
 - a. Skills tested – passing the ring, stabbing the ring, shooting
 - b. Methodology
 - i. place one pylon on the face-off dot above the blue line,
 - ii. players line-up below the free play line along the boards,
 - iii. the player passes the ring the coach at the net
 - iv. then the player skates toward the pylon on the free play line,
 - v. player turns right at the pylon and then skates toward the net,
 - vi. player is passed the ring as they skate over the blue line from supervisor standing near center ice,
 - vii. player receives the ring and then shoots the ring before crossing the free play line.

5. Station 5 - Checking - not shown
 - a. Skills tested – sweep checking, stick checking, body position for checking
 - b. Methodology
 - i. two players go 1 on 1 in the face off circles,
 - ii. one player with the ring skates around inside the circle,
 - iii. the second player checks the ring carrier
 - iv. players alternate ring possession

Drill Diagram



● - Pylon ○ - Ring